

HOUSE No. 1460

By Mr. Jones of North Reading, petition of Bradley H. Jones, Jr., and others for the passage of a resolve relative to educating middle schools students concerning physical exercise and good nutrition. Children and Families.

The Commonwealth of Massachusetts

PETITION OF:

Bradley H. Jones, Jr.	Paul K. Frost
Mary S. Rogeness	Paul J.P. Loscocco
George N. Peterson, Jr.	Shirley Gomes
John A. Lepper	Michael J. Coppola
Viriato Manuel deMacedo	Todd M. Smola
Elizabeth A. Poirier	Richard J. Ross
Donald F. Humason, Jr.	

In the Year Two Thousand and Five.

RESOLVE RELATIVE TO PHYSICAL EDUCATION AND NUTRITION IMPROVEMENTS FOR MIDDLE SCHOOL STUDENTS.

1 *Whereas*, one of the most challenging issues faced by Massa-
2 chusetts public schools is high obesity rates among students; and
3 *Whereas*, childhood obesity is the leading cause of heart dis-
4 ease, diabetes, depression and eating disorders among school age
5 children; and
6 *Whereas*, obesity impacts the student's performance in school;
7 and
8 *Whereas*, physical and nutrition education varies throughout
9 public schools, and has increasingly suffered in the last decade;
10 and
11 *Whereas*, middle school age children have among the highest
12 obesity rates among other age groups; therefore be it
13 *Resolved*, that Massachusetts public schools should implement
14 a more rigorous initiative for educating middle school age chil-
15 dren about the benefits of good nutrition and physical exercise;
16 and be it further

17 *Resolved*, that physical education should be conducted fre-
18 quently and on a regular basis, and should be more engaging to
19 middle school students; and be it further

20 *Resolved*, that schools should devote more time to physical
21 education; and be it further,

22 *Resolved*, that public schools should educate children on the
23 nutritional value of good food choices; and be it further

24 *Resolved*, that students in middle schools shall be taught to
25 explain relationships among dietary intake, including nutrition
26 supplements and eating behavior, physical activity, and emotional
27 health; and be it further

28 *Resolved*, that students should be able to identify the effects of
29 food preparation techniques, identify and analyze dietary plans,
30 costs, and long-term outcomes of weight management programs;
31 and be it further

32 *Resolved*, that students shall learn about social and cultural
33 messages in regards to food and eating influences choices, and
34 discuss the negative affects of fast food intake; and be it further

35 *Resolved*, that schools should contact nutritionists to advise stu-
36 dents and the school administration on healthy eating and living
37 habits.